

“Persevering Through Pain”

I Peter 4

Three kinds of suffering:

1. Common suffering
2. Carnal suffering
3. Christian suffering

Suffering can be for our own good.

To persevere through pain:

1. Retain the same attitudes as Jesus

“You are only hurting yourself with your anger.” Job 18:4

2. Refocus on God

“You God know how troubled I am. You have kept a record of my tears.” Psalms 56:8

Neurosis is the avoidance of pain

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

3. Reach out for help

We really do need each other

4. Realize that suffering is bound to happen

“We are not fighting against human beings but against spiritual forces” Ephesians 6:12

5. Rejoice when it does happen

Why should I rejoice?

- A. Suffering draws me closer to God
 - B. God can be seen in my life
 - C. God can trust you
6. Refuse to be ashamed
 7. Remain faithful to God